



Winter Apple Salad

Serves 4



Created by : Chad January

Ingredients:

Salad:

- ♥ ½ packet (200g) baby spinach
- ♥ 1 celery stalk or fennel, shaved using a vegetable peeler
- ♥ ½ red cabbage, shredded
- ♥ 1 packet (200g) multicoloured carrots, halved and blanched
- ♥ 4-5 Pink Lady® apples, sliced
- ♥ 1 wedge (about 100g) gorgonzola
- ♥ Walnuts, toasted and chopped (optional)

Dressing:

- ♥ 2 Tbsp (30ml) Dijon mustard
- ♥ 2 Tbsp (30ml) honey
- ♥ 1 clove garlic, crushed
- ♥ Juice (30ml) of ½ lemon or 1 lime
- ♥ Handful parsley, chopped
- ♥ Salt and milled pepper
- ♥ ½ cup (125ml) olive oil

Method:

1. Arrange salad ingredients on a serving platter and set aside.
2. Whisk together mustard, honey and garlic.
3. Add lemon juice and parsley. Season.
4. Slowly whisk in olive oil until thickened and pour mixture over salad.
5. Serve.

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